

Adult Special Interest

WOMEN'S SPRING CLEANSE WORKSHOP: WOMEN'S 10 DAY SPRING CLEANSE WORKSHOP

Transformational whole foods based cleanse that allows the body to release toxins and excess weight, while rejuvenating the body, mind and spirit and connecting us to our intuitive nature. Learn to trust your body's cues over any expert, guideline, or fad diet. For optimal results a commitment to attend all four sessions of this workshop is essential for individual and group success in this process.

Instructor: Jennifer Moiles

Location: Centennial Recreation Center, Sr. Activity Room #1

Activity#	Date	Day	Time	Age	Sessions
5210.103	5/15-5/25	T/SAT*	10am-12pm/7-9pm	18yrs+	4

Material Fee: \$10 material

Resident: \$155 / CRC Discount: \$150

Non Resident: \$165 / CRC Discount: \$160

*Class meets every other Saturday Morning and Tuesday Evening.

*Saturday Classes are held 5/15 and 5/22 10-12pm

*Tuesday Classes are held 5/18 and 5/25 7-9pm

PEACE AND GOOD EATING

Most of us know by now that diets don't work – why would they? Who thrives on deprivation? This 12-week, 6-session series will provide you with holistic, common-sense techniques and support for balancing your body and improving your health, fitness, and energy level. Come join some lively discussions; learn, share, and support others in adopting a holistic approach to nutrition and wellness!

Instructor: Jennifer Moiles

Location: Centennial Recreation Center, Sr. Activity 1

Activity#	Date	Day	Time	Age	Sessions
5100.101	1/13-3/24	W*	6pm-8pm	18yrs+	6

Resident: \$260 / CRC Member: \$250

Non Resident: \$280 / CRC Member: \$270

*Class meets every other Wednesday: 1/13; 1/27; 2/10; 2/24; 3/10 & 3/24

CERAMICS: WHEEL THROWING AND HAND BUILDING

Develop a new skill or polish up your talents in clay while making pots perfect for the garden, home, and gift giving. From the basics to more advanced techniques, this class provides opportunities for all levels to make functional and fun wares.

Instructor: Jane Rekedal

Location: Community & Cultural Center, Poppy Jasper Room

Activity#	Date	Day	Time	Age	Sessions
Open House	1/6	W	5:45pm-6:30pm	13yrs+	1
4270.101	1/13-2/10	W	5:45pm-8pm	13yrs+	5
4270.102	2/24-3/24	W	5:45pm-8pm	13yrs+	5
Open House	4/14	W	5:45pm-6:30pm	13yrs+	1
4270.103	4/21-5/26	W	5:45pm-8pm	13yrs+	6

Material Fee: first time students \$15 due at the time of registration. Return student with clay \$5 glaze cost due at the time of registration. Additional clay \$10 per bag

Open House: Free

5 Sessions:

Resident \$130 / CRC Member: \$125

Non Resident: \$140 CRC / Member: \$135

6 Sessions:

Resident \$155 CRC Member: \$150

Non Resident: \$165 CRC Member: \$160

OPEN LAB CERAMICS

This is for students enrolled in the Ceramics: Wheel Throwing and Hand-building class taught by Jane Rekedal. Under age youth must be accompanied by an adult.

Location: Community & Cultural Center, Poppy Jasper Room

Date	Day	Time	Age
1/19-5/25	T	5:30pm-7:30pm	13yrs+
1/19-5/25	M-TH	8am-5pm	13yrs+

Additional glaze: \$5

Optional Additional clay: \$10.00

Fee per session: CRC Members FREE / Non-Members \$4

Need space?



Room Rentals
at the Community &
Cultural Center as low as

\$25 /hr

Just some of our amenities:

Banquet and classroom seating
Executive style boardroom table
Teleconferencing needs
Advanced sound system
Dance floor
LCD projector and screens
TV, DVD, and VCR capabilities
White board
Internet hook-ups

Space available:

* Two large multi-purpose
* Three classrooms
* Two meeting rooms
* Children's pavilion
* Full-service kitchen
* Outdoor amphitheater
* Charming rose garden

408.782.0008 • www.mhcommunitycenter.com

ADULT



**SURF
OR
TURF
PARTY PACKAGES**

Book Your Next Birthday Party With Us!

Centennial Recreation Center
Year Round Bookings – (408) 782-2128 x803

Aquatics Center Parties
Summer Bookings – (408) 782-2134 x710

TEENS & ADULT BALLET I & II

Expand your creativity and self-expression through dance! The beginning dancer alongside the continuing dancer will learn and build on basic ballet steps and technique, and enjoy center-floor and across-the-floor combinations to a variety of music. This great introduction to dance strongly encourages poise, coordination, and confidence.

Instructor: Paula Johnson

Location: Community & Cultural Center, Mira Monte Room

Activity#	Date	Day	Time	Age	Sessions
2600.102	1/6-3/3*	W	7:10pm-8:10pm	13yrs+	8
2600.103	3/17-5/19*	W	7:10pm-8:10pm	13yrs+	8

*No class 2/17, 3/31 & 4/7

Resident Fee \$71 CRC Member: \$66

Non-Resident Fee: \$81 CRC Member: \$76

BAY-FRIENDLY GARDENING BASICS

Considering form and function before planting can save you time and resources. This workshop will provide an overview of design and maintenance considerations and practices that will help you make smart choices at the nursery. Please call (408) 918-4640 to register.

Instructor: Bay Friendly Certified Instructor

Location: Centennial Recreation Center, Activity Room #2

Date	Day	Time	Age	Sessions
5/15	SA	10am-1pm	18yrs+	1

\$20 fee collected at registration.

Free Class. Please call (408) 918-4640 to pre-register.

CARBON DIET CLUB

Go on a Carbon Diet! Take this free class and learn simple things that you can do to reduce your personal greenhouse gas emissions and your impact on climate change. Save money, help sustain future generations and meet new friends! You will receive tools such as a workbook to track your progress, a reusable shopping bag, a shower timer and much more. Each Club will meet three times to discuss action items and to help each team member reach their reduction targets. Bring your family members and work together to reduce your household emissions, but only one sign-up per household, please.

Free childcare available for CRC members; \$4 for non-members.
Instructor: Rebecca Fotu, Environmental Programs Coordinator

Location: Centennial Recreation Center, Activity Room #2

Date	Day	Time	Age	Sessions
1/9-1/23	Sa	10am-11am	16yrs+	3
1/12-1/26	T	6:30pm-7:30pm	16yrs+	3
1/14-1/28	Th	6:30pm-7:30pm	16yrs+	3
2/9-2/23	T	6:30pm-7:30pm	16yrs+	3
2/11-2/25	Th	6:30pm-7:30pm	16yrs+	3
2/20-3/6	Sa	10am-11am	16yrs+	3
3/9-3/23	T	6:30pm-7:30pm	16yrs+	3
3/11-3/25	Th	6:30pm-7:30pm	16yrs+	3
3/13-3/27	Sa	10am-11am	16yrs+	3
4/6-4/20	T	6:30pm-7:30pm	16yrs+	3
4/8-4/22	Th	6:30pm-7:30pm	16yrs+	3
4/10-4/24	Sa	10am-11am	16yrs+	3
5/8-5/22	Sa	10am-11am	16yrs+	3
5/11-5/25	T	6:30pm-7:30pm	16yrs+	3
5/13-5/27	Th	6:30pm-7:30pm	16yrs+	3

Fee: FREE



**LOSE 5,000 POUNDS
OF CARBON IN JUST 30 DAYS!**

Go on the most effective diet yet!
Join the Carbon Diet Club. In just three meetings you will:

- Reduce your impact on climate change
- Help sustain future generations
- Learn about energy efficiency
- See if you qualify for a home energy audit
- Meet new people

Sign up for a **FREE CLASS**.
See class listing for the
Carbon Diet Club on this page.



CITY OF MORGAN HILL
City of Morgan Hill
Environmental Programs Division
17575 Peak Avenue
Morgan Hill, CA 95037

ADULT

KEMPO KARATE

(PRE- TEEN THRU ADULT)

Students will learn self defense techniques against grabs, punches, and kicks. They will gain confidence, self control, discipline, focus, respect, strength and flexibility and build character. Sparring will be practiced with matches and sparring drills. All students must purchase their own safety gear. Weapons such as the Bo Staff and Escrima Sticks will also be offered.

Instructors: Sifu Arceli Bell & Sifu Marieta De La Cruz

Location: Centennial Recreation Center, Multipurpose Room

Activity #	Date	Day	Time	Age	Sessions
4660.121	1/5- 1/26	T	6:15pm-7:00pm	11yrs+	4
4660.122	1/5 -1/28	T/TH	6:15pm-7:00pm	11yrs+	8
4660.123	2/2 - 2 /23	T	6:15pm-7:00pm	11yrs+	4
4660.124	2/2 - 2/25	T/TH	6:15pm-7:00pm	11yrs+	8
4660.125	3/2 - 3/30	T	6:15pm-7:00pm	11yrs+	5
4660.126	3/2 - 3/25	T/TH	6:15pm-7:00pm	11yrs+	8
4660.127	4/6 - 4/27	T	6:15pm-7:00pm	11yrs+	4
4660.128	4/6 - 4/29	T/TH	6:15pm-7:00pm	11yrs+	8
4660.129	5/4 - 5/25	T	6:15pm-7:00pm	11yrs+	4
4660.130	5/4 - 5/27	T/TH	6:15pm-7:00pm	11yrs+	8

Material Fee: \$99 due to instructor in class. Includes: Uniform, gloves, 1 large Kempo patch and a folder with written material.

No material fee is required for the first class, but student cannot earn belt without a uniform

Drop in fee with pre-registration: \$15

4 week session

Resident Fee \$65 / CRC Member: \$60

Non-Resident Fee: \$75 / CRC Member: \$65

5 week session

Resident Fee \$70 / CRC Member: \$65

Non-Resident Fee: \$75 / CRC Member: \$70

8 week session

Resident Fee \$85 / CRC Member: \$80

Non-Resident Fee: \$90 / CRC Member: \$85



DETOX YOGA SEMINAR

Has your diet been making you feel a bit sluggish lately?

Are you suffering from acne, allergies, poor digestion or other health concerns? Would you like to have more energy? Learn how cleaning out your insides helps you to feel and look great on the outside.

Instructor: Dolores Kent

Location: Centennial Recreation Center, Sr. Activity Room #1

Activity#	Date	Day	Time	Age	Sessions
5210.102	5/2	SUN	1pm-4pm	18yrs	1

Resident: \$30 / CRC Member: \$25

Non Resident: \$40 / CRC Member: \$35

DETOX WORKSHOPS

Has your diet been making you feel a bit sluggish these days? Are you suffering from acne, allergies, poor digestion or other health concerns? Would you like to have more energy? Cleaning out your insides helps you to feel and look great on the outside so don't miss this workshop. This 10 day detox is gentle and very effective. Join food and health expert and yoga teacher, Dolores Kent CNC, for this guided 10 day Detox workshop.

Instructor: Dolores Kent

Location: Centennial Recreation Center, Sr. Activity Room #1

Activity#	Date	Day	Time	Age	Sessions
5210.101	5/1-5/15	SAT	8:30am-10am	18yrs	3

Resident: \$40 / CRC Member: \$35

Non Resident: \$50 / CRC Member: \$45

ADULT



Morgan Hill Recreation Preschool

Is your child ready
to start School?
We can help!!

See page 31 for details.

Things To Do mark your calendars

Tons of fun, activities, and events
for the whole family. See page 4.
Just For Teens - page 39.